

HOUSEHOLD DEPARTMENT.

All communications or inquiry for this department should be addressed to
FLORIDA AGRICULTURIST.

The editor of this department will gladly welcome any hints or articles pertinent to the household. If an reader has any helpful suggestions, please send them along.

"The true way to begin life is not to look upon it to see what it offers, but to take a good look at self. Find out what you are, how you are made up, your capacities and lacks, and then determine to get the most out of yourself possible."—T. T. Munger.

"To live well, you must be in the open air every day. This rule is well nigh absolute. Women offend against it terribly in America, and women are very apt to break down. Rain or shine, mud or dust, go out of your house and see what God is doing outside. I do not count that an irreverent phrase, which says one feels nearer God under the open sky, than he is apt to do when shut up in a room. I know a very wise man who used to say: 'People speak of going out, when they should speak of going in.' He meant that you do plunge into the air, when you bathe at the seaside you go into the water. Be quite sure of your air bath. I will not dictate the time, but on an average, an hour is not too long. You will fare all the better, will eat the better, digest the better, and sleep the better, if instead of an hour, it is two hours or more."—E. E. Hale.

Our New Year.

We say ours, because "today is ours," and as this is the beginning of another new year it is ours to make or mar. No matter what our shortcomings of the year just closed have been, let us see to it that this year is an improvement over the last, and that we do not make the same mistakes. The editor of the Household department wishes its readers one and all, to have this their best year of all. We read on every side that this is the "giving time, the best time of the year," but is this not the case all the time? Are we not giving our strength, our energy, our life to our work every day? Let us see to it that this giving counts for something. We know that he lives best who gives most, so that must be our motto for this year. If you have a good thought, a helpful way of performing certain duties, don't keep them to yourself, but pass them along to your neighbors. Make every day a day wholly with duty done and at the end of this year you will have no regrets.

An Attractive Dining Room.

Editor Household Department:

An exchange gives us the following description of a dining room, which I would like discussed by your readers. It says: "A commonplace dining room was transformed by a scheme that depended neither on furniture nor new things. It was simply a color idea that has proved as satisfactory as anything one could have, be they rich or poor.

The room that was so changed was itself unmitigatedly plain, with "grained" woodwork, a pine floor and wall paper, colorless and characterless. The furniture was ordinary, neither good nor bad.

When Venetian red paper was put on the walls the possibilities for distinction began. This discerning woman had long determined to have only blue and white dishes. Because they are cheap and a variety of designs and qualities may be harmonious, and because she believed that color, managed with judicious determination, makes an effect, she bought nothing else. So with red background, she actually achieved an effect—that subtle disposition of things that is good and appropriate, whether they are cheap and costly. The wood colors on the walls and the pine floor stained and rubbed with paraffin and turpen-

tine, made the essentials; the non-essentials did the rest.

On a shelf was a row of Japanese teapots. Two plain racks held blue and white plates; two photographs in flat black frames were the only wall decorations. On the sideboard were candelabra of black iron and blue and white porcelain. A punch bowl of Japanese ware, the usual silver and more blue and some red clay teapots on the top shelf.

Blue and white figured denim curtains hung straight at the sides of the windows, from top to sill. All the table's dishes were blue and white, some Japanese, some willow pattern, and all of them cheap."—Mrs. D.

(Let us take up our Florida dining rooms and see how we are living. Will some one tell us about comfortable and tasty rooms in our state and how best to obtain them?—Ed.)

For Brides.

A woman may know that she has ceased to be a bride only—

When she finds herself saying uncomplimentary things to her husband.

The first time her husband criticises her frocks.

When she discovers she has reason to be jealous.

When he grows economical with his kisses.

When she begins to nag.

When he becomes sarcastic about the food.

When she does not mind coming to breakfast in curl papers.

When he tells her how pretty some other woman looks.

When he begins to go to the club.

When she begins to hunt up her old friends and enjoy calling on them.—Exchange.

Salt-rising Bread.

Editor Household Department:

Many of your readers are without cows, and therefore, do not have fresh milk to stir the regular salt-rising yeast. I have a recipe to offer such readers, which is as follows: Pour a half pint of warm water in a Mason quart jar, stir into it one tablespoonful meal, one-fourth teaspoon-salt and five tablespoonfuls of flour, and three or four pieces of raw Irish potato. Set jar in a pot or bucket of tolerably warm water. Do this early in the morning, while getting breakfast. Set on stove where water will keep an even temperature. About eleven o'clock stir in enough flour to make a stiff batter, stiff enough to drop from spoon in lumps, return to hot water and let rise to the top of the jar. Sift flour in breadpan (five or six pounds to this quantity of yeast) sprinkle a teaspoonful of baking powder and a little salt in same. Then add an iron spoonful of lard or compound, lastly the yeast, rinsing the jar with a little warm water. Remove pieces of potato. Mix thoroughly and knead well. Form into loaves and grease well, top and sides. Place inside oven, keep moderately warm, until it has risen considerably, then heat the oven hot and place bread to bake.

I want to ask if any one has ever tried the setting of salt-rising over night, using water instead of milk? This kind of bread is found very healthful in our state. Mrs. A.

Good to Eat.

Orange Sandwiches.—Grate the rind from large oranges and mix with powdered sugar. Carefully remove the white skin and cut the oranges crosswise in slices about half an inch thick. Spread one of the slices with grape or guava jelly, and lay another on top of it, sandwich fashion. Cut through the sandwich in several directions, with a knife sharp enough not to disturb the position of the slices. Then spread the top with jelly and sprinkle with the prepared sugar and grated rind.

Ambrosia.—Nothing takes the place, at this season of the year, of ambrosia. Peel six or seven oranges, cutting off all the white skin, then cut them lengthwise here and there, leaving the core to be squeezed out and

thrown away. After all are sliced, sprinkle a plentiful amount of sugar on and mix thoroughly. Then scatter shredded cocoanut thickly on the top, set in a cool place until ready to serve.

Cheese and Rice.—Place in the double boiler one teaspoonful of butter, one cup of rich milk and one and one-half cups of cooked rice. When hot, add to this one cup of cheese, cut small, and cook, stirring occasionally, until smooth. Season with salt and cayenne. Stir in two well-beaten eggs and serve at once on hot buttered toast.

Beans.—Put a pint of washed beans in a five-pound flour bag that is perfectly clean, and let them lie all night in a saucepan containing two quarts of cold water. The next morning simmer over a slow fire three hours; lift out of the bag into a colander, untie the string and turn the beans into a frying-pan with a tablespoon of butter, a gill of cream and a very little finely minced parsley; season to taste with salt and pepper and shake over the fire until hot.

A French Dish.—Any fish will do that will not break up a great deal. I have used crabs also. First, in butter, drippings or olive oil, fry one large onion golden brown. Then add to this one can of tomatoes, season with salt and red pepper till quite "hot;" add also a few cloves and bay leaves and a little water. In this simmer the fish, about two pounds, slowly. When almost done add the juice of a lemon and a pint of peas.

Their Medicinal Value.

Lettuce for tired nerves.

Turnips, onions, cabbage, cauliflower, watercress and horseradish contain sulphur.

Potato, salts of potash.

French beans and lentils give iron. Watercress, oil, iodine, iron, phosphate and other salts.

Cabbage, cauliflower and spinach are beneficial to anaemic people.

Tomatoes stimulate the healthy action of the liver.

Spinach, salts of potassium and iron. Food specialists rate this the most precious of vegetables.

Parsley, mustard, cowslip, horse-radish, dock, dandelion and beet tops clear the blood, regulate the system and remove that tired feeling so peculiar to spring.—Exchange.

Fig Cake.

Editor Household Department:

I find the above named cake so much cheaper than the regular black cake and at the same time resembling a black cake, so that experts are unable to see any difference. I send it for your readers to try:

Yellows of six eggs well-beaten. One cup of butter, two cups of brown sugar, beaten well together, one cup of jam or preserves (dark is best), four cups flour; one dessert spoon soda, one cup buttermilk, one tablespoon cinnamon, teaspoon cloves, one tablespoon spice, one pound raisins, one pound figs, juice from sweet pickles or a few tablespoons of wine, to help keep the cake moist in Florida. Bake in tolerably hot oven.

This will make a large cake.

The whites can be set in a cool place and used to make a delightful white cake the next morning.

Mrs. Simmons.

Honey.

Bees can be kept much more easily in this state than at the North, as they do not need to be housed through the winter. The production of honey has been quite profitable, where carried on in Florida, by those who understand the business. It is also a business very easily learned. The Mobile Register recommends the more general use of honey as follows:

One of nature's best foods. It is only within the last few centuries that sugar has become known, and only within the last generation that refined sugars have become so low in price that they may be commonly

Be Sure to Use Only Cream of Tartar Baking Powder

Food made with alum baking powder carries alum to the stomach unchanged. Scientists have positively demonstrated this and that such food is partly indigestible and unhealthy.

used in the poorest families. Formerly, honey was the principal sweet, and it was highly valued three thousand years before the first refinery was built.

It would add greatly to the health of the present generation if honey could be at least partially restored to its former place as a common article of diet. The almost universal craving for sweets of some kind shows a real need of the system in that direction; but the excessive use of sugar brings in its train a long list of ills. When cane sugar is taken into the stomach it cannot be assimilated until first changed by digestion into grape sugar. Only too often the overtaxed stomach fails to properly perform this digestion, then come sour stomach and various dyspeptic phases.

Now in the wonderful laboratory of the hive there is found a sweet that need no further digestion, having been prepared fully by those wonderful chemists, the bees, for prompt assimilation without taxing the stomach or kidneys. As Professor Cook says: "There can be no doubt that in eating honey our digestive machinery is saved work that it would have to perform if we ate cane sugar; and in case it is overworked and feeble; this may be just the respite that will save from a breakdown." A. I. Root says: "Many people who cannot eat sugar without having unpleasant symptoms, follow will find by careful test that they can eat good, well-ripened honey without any difficulty at all." Not only is the honey the most wholesome of all sweets, but it is the most delicious, and its cost so moderate that it may well find a place on the tables of the common people every day in the week. Indeed, in many cases it may be a matter of real economy to lessen the butter bill by letting honey in part take its place. One pound of honey will go as far as a pound of butter; and if both articles be of the best quality the honey will cost the less of the two. Give children honey. When children are allowed a liberal supply of honey it will largely do away with the inordinate longing for candy and other sweets. Ask the average child whether he will have honey alone on his bread, or butter alone, and almost invariably he will answer, "Honey." Yet, seldom are the needs of the taste of the child properly consulted. The old man craves fat meat; the child loathes it. He wants sweets, not fat. He delights to eat honey; it is a wholesome food for him, and not expensive. Why should he not have it? Honey may be used to sweeten hot drinks, as coffee and tea. German honey-tea a cup of hot water with one or two tablespoonfuls of extracted honey—is a pleasing and wholesome drink.